

# PREDENTAL INFORMATION SUMMARY

## PreProfessional Advising Information

Website: [ppa.utah.edu](http://ppa.utah.edu) | Instagram: @UofUPPA

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Make an appt!

## Dental School Basics

### Dental School

- Year 1-2: Didactic Years (Class Instruction)
- Year 3-4: Clinical Study & Practice Management

### Residency (optional)

- Pursue one of nine dental specialties

### Degree Conferred:

DDS (doctor of dental surgery) or  
DMD (doctor of dental medicine)



**Get involved in activities (in-and outside the classroom) to help you develop knowledge, skills, and experiences to be a competitive applicant to dental school.**

## Academic Preparation

*Ensure you're academically prepared for the intensity of dental school*

- Complete a bachelor's degree and prerequisites
- Competitive applicants have high GPAs, so build and strengthen your time management skills
- Any major is appropriate; make sure to pick the right fit for you, and study what you love!

## Dentist Shadowing & Dental Experience

*Dental experience is critical to your success as a pre dental student. Observing multiple dentists will help you commit to the profession while learning various specialties. Don't wait! Start shadowing now!*

### Competitive Applicants Complete:

- 200 hours of shadowing and dental experience combined
- 40 of the 200 should be shadowing; recommended 4 dentists for 10 hours each
- Balance shadowing general and specialty dentists

*Most students gain this dental experience by shadowing a general dentist for more than a semester. Consider taking KINES 3080 & 3081: Dental School Prep & Lab, as well as KINES 4080: Dental Observation to structure your experience and earn course credit.*

## Demonstrate your

## knowledge, skills and preparation

### Leadership & Teamwork

*Dentists are both leaders and team members with patients, colleagues, etc.*

Demonstrate your leadership skills by participating in a variety of experiences leading different people in different situations. *No specific hours or number of activities required.*

*(Eg: coach, teacher, tutor, mentor, TA/LA, supervisor, officer role in a club, student advisory board, and many more.)*

### Research

*More and more dental schools recommend students have research experience to demonstrate understanding that dentists must stay current on the latest in dental advancements!*

### Competitive Applicants Complete:

- Participate in hypothesis-based research, under the supervision of faculty/researcher

Check out the Office of Undergraduate Research: [our.utah.edu](http://our.utah.edu)

### Service to the Community

*Demonstrate a commitment to humanity by selflessly serving others.*

Interacting with people from different backgrounds and experiences than your own will strengthen your interpersonal and communication skills. *No specific hours or number of activities required.*

Get involved! Visit the Bennion Center [bennioncenter.utah.edu](http://bennioncenter.utah.edu)

# APPLICATION PROCESS AND INFORMATION

## ***PPA is here to help!***

*Preparing for dental school can be complex and nuanced. But you don't have to do it alone! PPA offers a variety of services to aid you during this time. From application workshops, to application and personal statement reviews, we want to help you with this process. Meet with a PPA advisor at least once a semester to help guide you along the way.*

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## **Start Saving NOW!**

Applying to dental school is very expensive. The application fee for AADSAS is over \$260, which includes applying to one school; each additional school is \$115. **These fees will increase each year.** Supplemental applications carry their own fees, commonly ranging between \$50-\$100 each. Factoring in application fees, DAT registration and prep, the cost of traveling for in-person interviews, and more, we recommend students to prepare to spend about \$5,000 for the application process. AADSAS offers a limited number of fee waivers through their Fee Assistance Program for those who qualify.

## **APPLICATION DETAILS**

Dental programs admit students once a year, for fall only. Plan on taking the DAT and submitting your application at least 12 months in advance of the year for which you are applying.

### **Do your research!**

It is your responsibility to ensure you are meeting all requirements for the schools you are interested in. When selecting dental programs, we recommend that you look at schools that align with your interests: location, size, student/faculty ratio, representation, etc. You can search for dental schools on the American Dental Education Association (ADEA) website.

### **AADSAS (Associated American Dental Schools Application)**

There are 70 accredited dental schools in the US, and all of them utilize AADSAS, which is available at [aadsas.liaisoncas.com](http://aadsas.liaisoncas.com). For additional resources, visit Go Dental ([adea.org/godental](http://adea.org/godental))

- Application requirements include transcripts, extracurricular experiences, personal statement, and fees
- Many schools use a rolling admissions process (meaning they begin reviewing applications and admitting before the deadlines). It will benefit you greatly to **submit your application early**, regardless of when you take the DAT.
- The application will take most students several weeks to complete. Ensure you have plenty of time to fill out the application.

### **DAT**

Some programs require the Dental Admissions Test (DAT). The DAT is administered throughout the year, and taking the exam by the spring of the year before you wish to enter dental school will enable you to apply earlier. The exam may be repeated and taken a maximum of three times. **It is always best to prepare thoroughly and take the DAT once.** It has four sections: Natural Sciences, Reading Comprehension, Quantitative Reasoning, and Perceptual Ability. Additional information, including registration, can be found at [adea.org](http://adea.org).

**COST and PREP:** The exam costs over \$500. There are a variety of ways to prep for taking the DAT. You can purchase a test prep book, utilize free resources online, or purchase a study course.

# APPLICATION TIMELINE

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR
Register & Study				Take the DAT											
Request & Get LORs															
Prep Application															
				Submit App.				UUSD's deadline is October 1							
				Supplemental											
								Interviews							
Ideal												Acceptance Notifications			
Possible															

## POLICIES and CONSIDERATIONS

<b>AP/IB CREDIT</b>	Depends on program. Check each school's requirements
<b>COMMUNITY COLLEGE COURSES</b>	Manyl schools limit credits taken at community colleges to 60 credits. Check each program's reqs.
<b>REPEATS</b>	All grades will be counted in your AADSAS calculated GPA
<b>WITHDRAWALS</b>	Although W's will not affect your GPA, W's should be used sparingly. Work with your advisor.
<b>GPA</b>	<p>Minimum requirements for <u>total GPA</u> is 3.0, but this varies by program. However, <b>competitive applicants</b> usually have a <u>total GPA</u> of 3.6 or higher. Some programs may also look separately at prerequisite or science GPA.</p> <p><b>UUSD:</b> No minimum GPA. Average GPA for accepted applicants is 3.74 total, 3.66 science</p> <p><b>Roseman:</b> Minimum science GPA: 3.0 in last 30 science credits, average total GPA 3.4</p>

### Letters of Recommendation (LORs)

**PLAN AHEAD:** Dental schools require LORs as part of your application. Get to know the people you interact with (professors, supervisors, etc.) You're not looking for good letters; you need excellent letters. Get these by building and maintaining your relationships. Letters must be current, signed, dated, and on letterhead. To facilitate this process, most students should use the free AADSAS Letter Service.

**LETTER TYPES:** AADSAS allows students to submit a maximum of four letters. The following are common types of letters required by most dental programs. However, requirements vary by program, so *do your research*.

- Science Professor
- 2nd Professor letter (science or non-science)
- Dentist
- Dentist/Supervisor

### Helpful Resources

- **Go Dental:** ([adea.org/godental](http://adea.org/godental))
- **University of Utah School of Dentistry:** [dentistry.utah.edu](http://dentistry.utah.edu)
- **Roseman University of Health Sciences College of Dental Medicine:** [roseman.edu](http://roseman.edu)

# PreDental Prerequisite Course Guide

Requirements vary by school. **It is your responsibility to do your own research on each dental school you wish to apply to.** AP coursework may or not be accepted. If accepted, coursework beyond AP is often required.

Shaded boxes indicate the classes most commonly required by dental schools.

**Bolded classes** may be taken at a community college. However, not all dental schools will accept community college prereqs.

MATH		
<b>MATH 1050 (4)</b> College Algebra	<b>MATH 1060 (3)</b> Trigonometry	<i>NOTE: MATH 1050/60 can be substituted with higher math</i>

Please note: Consult both your major and PPA advisors to determine appropriate placement and course selection.

BIOLOGY				
<b>BIOL 1610 (4)</b> Fundamentals of Biology I  <i>PreReq: MATH 1010</i>	<b>BIOL 2325 (4)</b> Human Anatomy  <i>PreReq: BIOL 1610</i>	<b>BIOL 2420 (4)</b> Human Physiology  <i>PreReq: BIOL 1610 and CHEM 1210</i>	BIOL 2020 (3) Cellular Biology  <i>PreReq for 2020: BIOL 1610 and CHEM 1210</i>	<b>BIOL 3210 (3)</b> <b>BIOL 3205 (1)</b> Microbiology and Lab  <i>PreReq: CHEM 1210 and BIOL 2020</i>
			<b>OR</b>	<b>OR*</b>
			BIOL 1620 (3) Fundamentals of Biology II	PATH 3100 (3) Medical Microbiology

- Most dental schools require two biology labs. BIOL 2325 (Human Anatomy) or BIOL 2425 (Human Physiology lab) can count for one lab at most schools. The second lab can be fulfilled by any other biology lab.
- \*One microbiology course is **required by UUSD** & some other dental programs. The microbiology lab may or may not be required and can be taken with either BIOL 3210 or PATH 3100.

CHEMISTRY				
<b>CHEM 1210 (4)</b> <b>CHEM 1215 (1)</b> General Chemistry I and Lab  <i>PreReq: MATH 1050</i>	<b>CHEM 1220 (4)</b> <b>CHEM 1225 (1)</b> General Chemistry II and Lab  <i>PreReq: CHEM 1210</i>	CHEM 2310 (4) CHEM 2315 (2) Organic Chemistry I and Lab  <i>PreReq: CHEM 1220</i>	CHEM 2320 (4) CHEM 2325 (2) Organic Chemistry II and Lab  <i>PreReq: CHEM 2310</i>	CHEM/BIOL 3510 (3) Biochemistry  <i>PreReq: CHEM 2310 Recommended: CHEM 2320 and BIOL 2020</i>
Optional Chemistry Prep Courses		<ul style="list-style-type: none"> <li>• CHEM 1208 (1): Intro to Periodic Table</li> <li>• CHEM 2308 (1): Intro to Organic Chem</li> </ul>		

PHYSICS				
PHYS 2010 (4) PHYS 2015 (1) General Physics 1 and Lab  <i>PreReq: MATH 1060</i>	PHYS 2020 (4) PHYS 2025 (1) General Physics 2 and Lab  <i>PreReq: PHYS 2010</i>	<b>OR</b>	PHYS 2210 (4) PHYS 2215 (1) Physics for Scientists & Engineers 1 and Lab  <i>PreReq: MATH 1210</i>	PHYS 2220 (4) PHYS 2225 (1) Physics for Scientists & Engineers 2 and Lab  <i>PreReq: MATH 1220, PHYS 2210</i>

Please note: Consult both your major advisor and a PPA advisor for the correct lecture and lab sequence.

NON-SCIENCE REQUIREMENTS	
<b>WRTG 2010 (3)</b> Intermediate Writing  <i>PreReq: WRTG 1010</i>	Any CW Course offered through ENGL or WRTG  <i>PreReq: WRTG 2010</i>

OPTIONAL SUGGESTED COURSES	
KINES 3080 (3) KINES 3081 (1) Dental School Prep and Lab  <i>PreReq: BIOL 1610</i>	KINES 4080 (3) Dental Observation  <i>PreReq: KINES 3080</i>